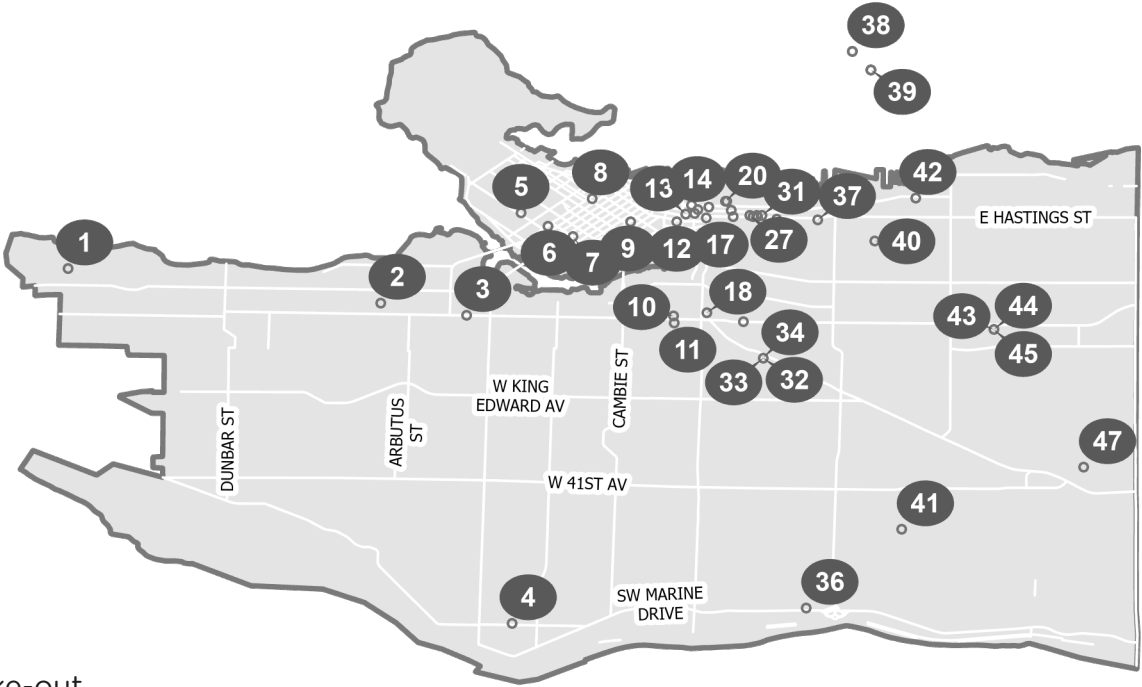


# FREE AND LOW COST FOOD SERVICES - last updated May 12, 2020

\*See [vancouver.ca/covid-19](http://vancouver.ca/covid-19) for the current version. If you run a publicly accessible free or low-cost food program in the City of Vancouver that is not yet listed on this map, or to report errors in the information, please contact [COVID-19.Food@vancouver.ca](mailto:COVID-19.Food@vancouver.ca)



- Take-out

Delivery

Wheelchair Accessible

Requires Referral
- 1

**Food Stash Foundation**  
4653 Drummond Drive  
Weekly hampers.  
Free   
 [foodstash.ca/application-process](http://foodstash.ca/application-process)
- 2

**Kitsilano Neighbourhood House**  
2305 West 7th Ave  
Th 5-6 pm.  
Free  
 604.736.3588
- 3

**VCH Healthiest Babies Possible** - Only For Prenatal or Pregnant  
#201- 1669E. Broadway  
Free   
 [hbp@vch.ca](mailto:hbp@vch.ca); 604-675-3982

- 4

**Marpole Neighbourhood House**  
8585 Hudson St  
Th 10am-12pm  
Free
- 5

**Rainbow Refugees Society** - Only For LGBTQ Refugees  
1170 Bute St  
Free  
 [support@rainbowrefugee.ca](mailto:support@rainbowrefugee.ca)
- 6

**Directions Youth Services** - Only For Youth Under 25 Experiencing Homelessness or Precariously Housed  
1138 Burrard St  
7 days/week, 8-9 pm  
intake process to become a client  
Free

- 7

**Gathering Place Community Centre**  
609 Helmcken St  
Daily - 9:30am-11am, 12:30-2pm, 5-6:30pm  
\$2
- 8

**Christ Church Cathedral**  
690 Burrard St  
W- 11am-12:30pm  
Free
- 9

**Food Bank - Queen Elizabeth Theatre**  
630 Hamilton St  
T;W 10am-2pm May 5, 6, 12, 13, 26, 27  
Basic registration req'd  
Free
- 10

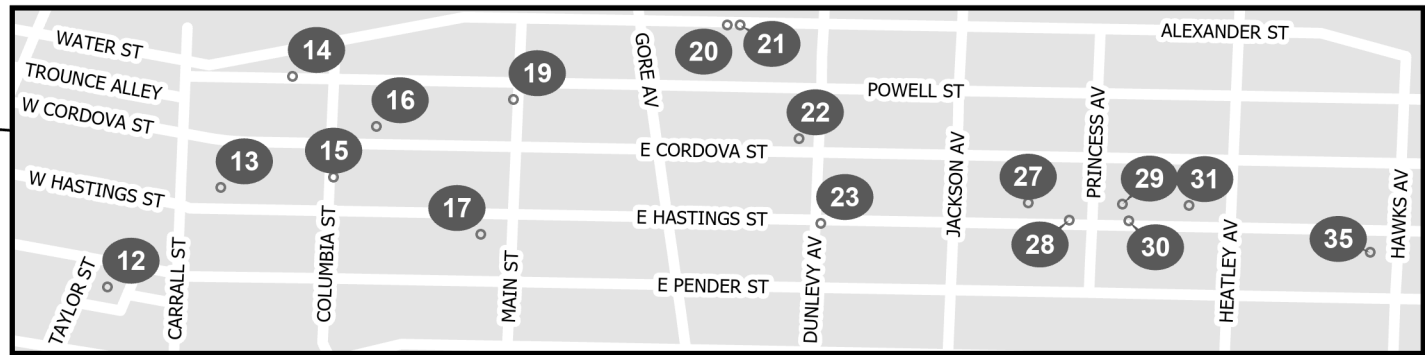
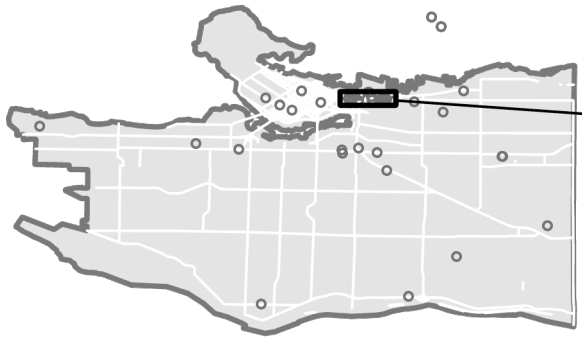
**Japanese Community Volunteers Association** - Only For Seniors  
101-42 West 8th Ave.  
T/W, 11:30am-12:30pm, 604-687-2172 to order  
\$7
- 11

**Oasis Cafe @ Tenth Church**  
11 W 10th Ave  
M: door open 5:00, serving at 5:30-7:30pm; Tues - 11am-1pm  
Free
- 12

**SUCCESS** - Only For Seniors  
28 West Pender  
Register: bc211 or 604-408-7274 Local 2157  
Free
- 13

**Potters Place Mission**  
21 East Hastings St  
Time unknown  
Free
- 14

**The Dugout**  
59 Powell St  
M-Sat - 7:30am; Sun - 8:30am, pastries - 9am  
Free





- Take-out
- Delivery
- Wheelchair Accessible
- Requires Referral


- 15 Downtown Eastside Women's Centre**  
 - Only For Women  
 302 Columbia Street  
 6 d/wk (not W), 10-11:30am, 12:00-2:30pm  
 Free
- 16 Inner-City Women's Initiatives Society** - Only For Women  
 101 E Cordova St  
 W;F - 5pm  
 Free
- 17 Carnegie Centre**  
 401 Main St  
 Daily: 9-11am, 12-4pm, 5-8pm  
 \$2
- 18 Food Bank - Mt Pleasant Community Centre**  
 1 Kingsway  
 Th/Fr 10am-2pm May 1, 7, 8, 14, 15, 22,  
 Basic Registration req'd.  
 Free
- 19 Salvation Army Soup Truck**  
 222 Main Street  
 T;Sun- 9:45pm-11pm  
 Free

- 20 Evelyn Saller Centre**  
 320 Alexander St  
 Daily: 10am-12:30pm; 1-2:30pm;  
 3-5:30pm  
 \$2
- 21 WISH Drop In Centre** - Only For Women and sex workers  
 330 Alexander St  
 Everyday- 7am-9am; 10:30am; 10pm;  
 1am-4:30pm; 6pm-8pm  
 Free
- 22 The Door is Open**  
 255 Dunlevy Avenue  
 M;T;Th;F;Sat - 11am, W - 8:30am,  
 11:30am, Sun - 12pm  
 Free
- 23 Friends of CCAP DTES Response**  
 - Only For DTES Experiencing Homelessness  
 400 E Hastings St  
 Meals distributed on street by friends of CCAP. Main and Hastings 7pm. Crab Park 12pm. Oppenheimer area 12pm.  
 Main to Victory square 5pm  
 Free



- 24 Jewish Family Services - Only For Youth**  
 201-475 East Broadway  
 M - time tbd  
 Free
- 25 Jewish Family Services**  
 201-475 East Broadway  
 Th - food bank deliveries, call 604-558-5719 or email communitycare@jfsvancouver.ca  
 Free
- 26 Jewish Family Services**  
 201-475 East Broadway  
 W - meal deliveries. Call 604-558-5719 or email communitycare@jfsvancouver.ca,  
 Free
- 27 Sheway** - Only For Sheway clients  
 533 East Hastings Street, , British Columbia  
 M-F - 10:30-3:30pm, takeout in lobby, clients only  
 Free   
 (604) 216-1684
- 28 Downtown Eastside Neighbourhood House**  
 573 E Hastings St  
 Free

 Take-out	 Wheelchair Accessible
 Delivery	 Requires Referral


### 29 Union Gospel Mission

601 East Hastings St  
M-Sat - 10:30am; M-F - 6:00pm  
Free 


### 30 Quest Food Exchange

611 E Hastings St  
M, Sa: 9-3:15pm; Tu-Fri: 9-5:15pm  
Low Cost   
 (604) 602-0186 x117/104


### 31 Mission Possible Compassionate Ministries Society

659 East Hastings Street  
Sat - 9-10am, lineup 8 am  
Free 


### 32 Salvation Army Boundless Vancouver Community and Family Ministry

- Only For People Experiencing Homelessness  
3213 Fraser St  
M;F; 9-11am  
Free 

### 33 Salvation Army Boundless Vancouver Community and Family Ministry

3213 Fraser St  
M;Th;F, 9am-4pm  
Free 


### 34 Salvation Army Boundless Vancouver Community and Family Ministry

3213 Fraser St  
W- 9-11am  
Free 

### 35 Living Waters Mission

782 E Hastings St  
Free 

### 36 Khalsa Diwan Society

8000 Ross St  
W;F;Sun; 6-8pm  
Free 



### 37 Lotus Light

1132 E Hastings St  
Hampers, Th- every 2 weeks, call 604-685-5548  
Free 


### 38 Food Bank - North Shore

225 E 2nd St, North Vancouver, BC  
W 4-6pm May 7, 14, 28 Basic  
Registration req'd.  
Free


### 39 Backpack Buddies - Only For Children and families

102-370 Esplanade East, North Vancouver, BC  
Free   
 backpackbuddies.ca/



### 40 The Kettle Society

1725 Venables St  
Everyday- 11:30-2pm, provide name  
Free 


### 41 South Vancouver Neighbourhood House (SVNH)

6470 Victoria Drive  
T 10am-12pm  
Free 


### 42 Quest Food Exchange

2020 Dundas St  
M, Sa: 9-3:15pm; Tu-Fri: 9-5:15pm  
Grocery Store  
Low Cost   
 (604) 602-0186 x117/104


### 43 Broadway Church - Only For Seniors and single mothers

2700 E Broadway  
W;Th;F- various times, form for hamper delivery: [broadwaychurch.com/i-need-help](https://broadwaychurch.com/i-need-help)  
Free 


### 44 CityReach Care Society

2650 Slocan St.  
T - 5:30-7pm; Th - 10:30am-12pm. One time registration with ID req. for food hampers  
Free 


### 45 Broadway Church

2650 Slocan St  
T 5:30pm-7pm;Th 10:30am-noon  
Free 

### 46 CityReach Care Society

2650 Slocan St.  
Meals M-F 1:30 to 2pm  
Free 

### 47 Collingwood Neighbourhood House

5288 Joyce St  
Sat, 7am-9:30am  
Free 



### 48 Food Bank Head Office - Burnaby\*

8345 Winston St, Burnaby, BC  
T;F - 10am-2pm May 1, 5-8, 12-15, 19-22, 26-29 Basic Registration req'd.  
Free


### 49 Food Bank - New West\*

315 Queens Ave, New Westminster, BC  
Th 10:30am-12:30pm May 7, 14, 28  
Basic Registration req'd.  
Free



### 50 Kiwassa NH\*

Food hamper program  
Free   
 604-254-5401

### 51 Kiwassa NH\*

2nd & 4th Friday of month 2-6pm  
Delivery only. Sign-up: <https://tinyurl.com/ya4tpdye>  
Free 

### 52 Loving Spoonful\* - Only For HIV+ Clients

Low Cost   
 (604) 682-6325

\*Not shown on map